

### Checklist: Vaccines for Preteens and Teens

To keep your child healthy, up-to-date vaccinations are a must. Use this guide to make sure your preteen or teen is covered.

#### Vaccines for your preteen, ages 11 to 12

VACCINE	DOSES	DATE RECEIVED
Tetanus, Diphtheria, Pertussis (Tdap)	1 dose	
Meningococcal Conjugate	1 dose	
Human Papillomavirus (HPV)	3 doses over 6 months	Dose 1:  Dose 2:  Dose 3:
Flu Shot	Once a year	

#### Vaccines for your teen, ages 13 to 18

VACCINE	DOSES	DATE RECEIVED
Meningococcal Conjugate Booster	1 dose at age 16	
Flu Shot	Once a year	

#### Ask about other vaccines

Kids with certain health conditions that put them at high risk for serious diseases might need extra vaccines. Ask your doctor if your teen needs any of these shots.

VACCINE	WHAT AGES?	DATE RECEIVED
Pneumococcal Conjugate Vaccine (PCV13) and Pneumococcal Polysaccharine Vaccine (PPSV23)	6-18 years	
Hepatitis A	Any age	

## **Where to get them**

There are plenty of places to go to get your child vaccinated. Some of them are at a low cost or even free. Most insurance companies cover them. Ask about shots at:

- Your child's annual checkup
- A physical exam for sports or camp
- School clinics
- County or city health departments
- Pharmacies

## **SOURCES:**

CDC: "2014 Recommended Immunizations for Children from 7 Through 18 Years Old."

CDC: "Flu Vaccines for Preteens and Teens."

CDC: "VFC Detailed Questions and Answers for Parents."

CDC: "VFC Program: Vaccines for Uninsured Children."

News Release, CDC.

Reviewed by Hansa Bhargava, MD, on May 13, 2015